

College Cookery

by

H. A. B.

COLLEGE COOKERY

A LITTLE BOOK OF RECIPES

COLLECTED BY

H. A. B.



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To

Dean Eleanor Louisa Lord,



PREFACE

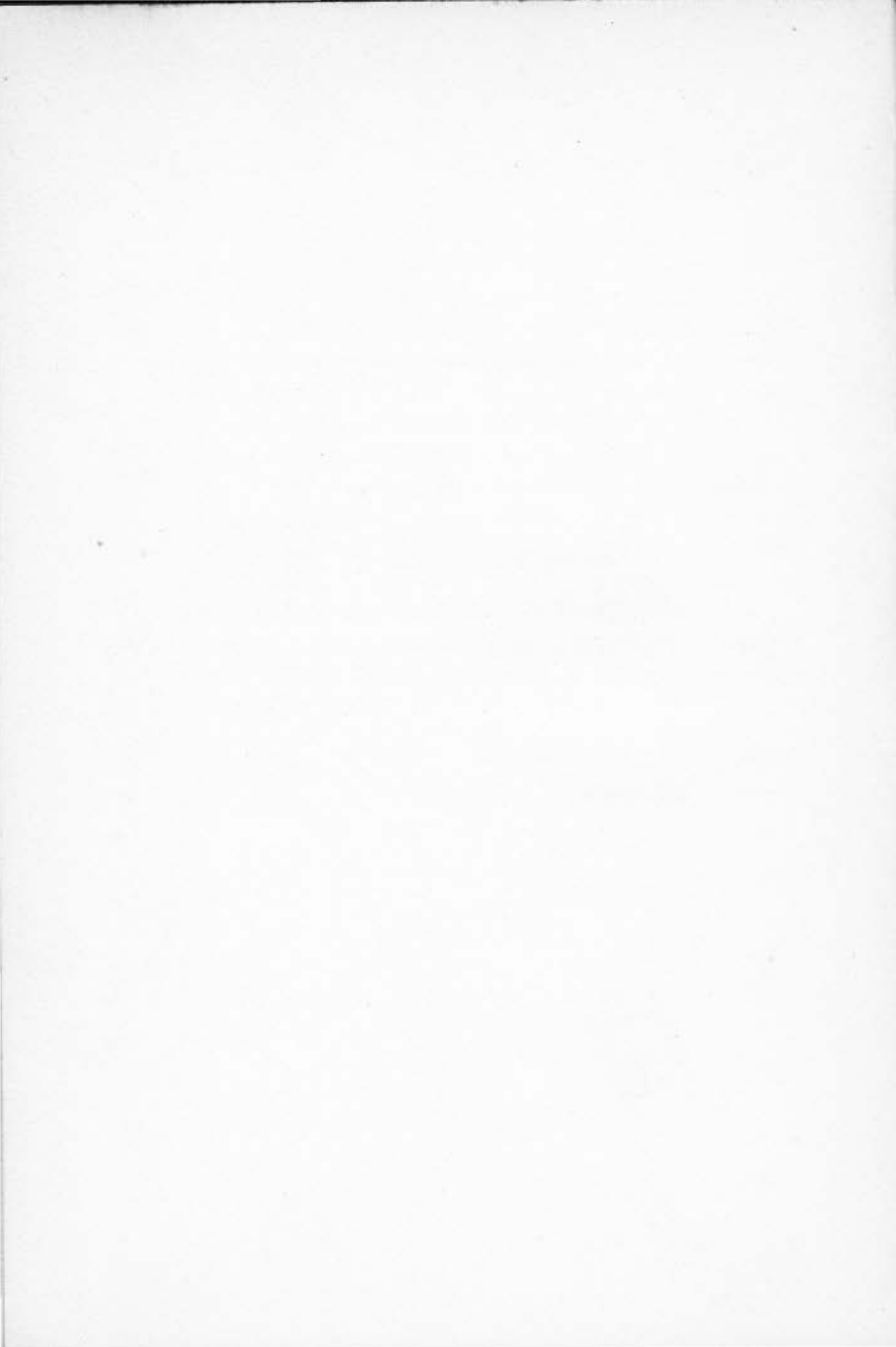
The college girl among other things is a cook. Her means are limited, but her ways are numerous. Given a chafing-dish, a few ingredients, and a minimum of time, the result is delicious. If her chef-d'œuvre is usually candy, it is not because candy is the thing she "loves the best of all," but because in her life between bells it is made most easily. The recipes given here are true and tried. Those from Goucher, Bryn Mawr, Smith, Wellesley, and other Colleges, students of those colleges will recognize; others are given which the compiler trusts will find a place in the list of good things liked by the college girl. With the recipes given here the student may prepare any number of spreads and taking the chief ingredients of many of these she may make other dishes, varying her recipes endlessly. Generally well-known recipes that may be found in any good cookery book are not included here. Those found in this little book are in every case given by college girls who have used them and know how good they are, or, are recipes well-known to the compiler.

The student in giving directions for a particular dish will usually say that in making it she "just takes whatever she has, puts it all together—and it just comes out." An effort is made in the following pages to be somewhat more definite, but the recipes will permit in many cases an adding to or taking from as the intelligence of the college cook may decide, or her fancy dictate. Made as printed the recipes are vouched for as being delicious.

It is desired to acknowledge the courtesy of The Ladies' Home Journal for permission to include in this book a number of recipes which were originally published in that magazine. Copyright, 1907, by The Curtis Publishing Company.

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CHAFING-DISH RECIPES.

LAMB CHOPS.

(Goucher College).

Chops (rib or loin)

Butter

Salt

Pepper

Grease blazer with butter. Salt and pepper chops. Lay them in dish carefully and turn frequently until thoroughly cooked.

BEEFSTEAK.

Cook as above only not thoroughly done, and add seasoning and more butter after taking from fire.

HAMBURG STEAK WITH MAITRE
D'HOTEL.Hamburg steak— $\frac{1}{2}$ lb.

Salt

Pepper

Bit of onion (chopped fine)

Butter (small piece)

Mix in onion and season with salt and pepper. Form steak in small flat cakes. Cook in blazer in which butter has been placed. Serve with the following sauce:

MAITRE D'HOTEL.

Butter—1 tablespoonful

Parsley— $\frac{1}{2}$ teaspoonful

Lemon—juice of one half

Wash and wipe parsley, chop. Beat butter to a cream and add lemon juice slowly, add parsley. Pour over steak as it is served.

OMELET.

Eggs—4

Milk—1 tablespoonful

Salt—pinch

Beat eggs very light, add milk, beat again. Have butter hot in chafing-dish or blazer (on omelet pan if you have one), and pour in eggs. Let eggs cook for a minute, and then gently raise edges with a knife, allowing the liquid eggs to run beneath edges, until all the egg is firm. Then, and not till then, sprinkle on salt, carefully fold as you turn out omelet on a platter.

NOTE: This is the foundation for omelet, but it may be varied in any number of ways by adding just before folding chopped ham, toma-

toes, olives, almost anything one would like to eat with eggs. Omelets should be served at once.

FRENCH OMELET.

Eggs—4

Water—1 tablespoonful

Butter—1 tablespoonful

Salt—pinch

Beat yolks and whites of eggs separately until both are light, then mix; add water and make omelet according to foregoing directions.

SPANISH OMELET.

Eggs—4

Milk—1 tablespoonful

Butter—1 tablespoonful

Salt—pinch

Onion—1 (chopped)

Green Pepper— $\frac{1}{4}$ of a whole one (remove seeds and chop).

Tomatoes—2 or 3 chopped

Capers—(if you have them) chopped

Mushrooms—(if you have them) chopped

Cayenne—half a pinch

Cook onion, green pepper, tomatoes, capers, mushrooms with the cayenne pepper until well blended; make omelet; put mixture on top of omelet and fold in.

BUTTERED EGGS.

(Newham College, England).

Eggs—4 or 6

Butter—size of large walnut

Milk—1 tablespoonful

Salt

Put butter in chafing-dish cold, heat slowly. Break eggs in another dish, add milk and stir very little. Pour into chafing-dish and stir until eggs are cooked. Serve on toast or not as preferred. Put in salt just before eggs are done.

ITALIAN EGGS.

(Brought from Italy by member of Goucher College).

Eggs—4 or 6

Butter—Size of large walnut

Salt

Heat blazer. Put in butter and let it get very brown without burning. Break eggs in dish and beat until light (but not too light). Put eggs into chafing-dish, and stir in flakes, letting eggs brown before turning. Add salt and serve. Too good for words.

WELSH RAREBIT.

(Teachers' College)

American Cheese (soft) 1 lb.

Butter—2 tablespoonfuls
Salt— $\frac{1}{2}$ teaspoonful
Mustard— $\frac{1}{4}$ teaspoonful
Milk— $\frac{1}{4}$ cup (or $\frac{1}{2}$ cup beer)
Worcestershire—1 tablespoonful

Cook cheese in chafing-dish, melt butter before adding, put in other ingredients, milk last. When smooth and creamy, serve on hot crackers or toasted bread.

WELSH RAREBIT.

(Goucher College)

Grated cheese—1 cup
Eggs—2
Mustard—1 teaspoonful
Red Pepper— $\frac{1}{8}$ teaspoonful
Salt—pinch
Vinegar—1 teaspoonful

Melt cheese, add butter, eggs, mustard, pepper, salt, vinegar, stirring all the time. Serve on toast.

CHEESE SOUFFLÉ

(Teacher's College)

Milk—1 cup
Butter—2 tablespoonfuls
Flour—4 tablespoonfuls
Mustard—pinch
Salt—pinch

Cayenne—pinch

Eggs—4

Cheese— $\frac{1}{2}$ lb.

Make white sauce with milk, butter, flour, mustard, salt and cayenne. Add beaten yolks of eggs, then cheese cut into fine pieces. Beat whites of eggs to a froth and add. Cover and allow it to stand undisturbed fifteen minutes over hot water.

FONDU.

(Teachers' College)

Bread Crumbs—1 cup

Milk—1 cup

Butter—1 tablespoonful

Cheese— $\frac{1}{2}$ lb.

Egg— $\frac{1}{2}$ of a yolk

Salt— $\frac{1}{4}$ teaspoonful

Grain of cayenne

Soak bread crumbs in the milk for half an hour. Melt butter and add to it three-fourths of the soaked crumbs. Cut cheese fine and add to the remaining crumbs, putting this in with the crumbs and butter already mixed. Add egg, salt and cayenne. Cook in blazer until smooth.

ONIONS WITH CHEESE.

Onions—3 or 4

Cheese— $\frac{1}{4}$ lb. (grated)

Butter—1 tablespoonful

Salt—to taste

Pepper—to taste

Get Bermuda onions. Slice them. Put butter in chafing-dish then alternate layers of onions and cheese, seasoning with salt and pepper. Let top layer be onions. Cook until onions are tender.

RISOTTO (ITALIAN RICE).

(Brought from Italy by member of Goucher
College)

Rice— $\frac{1}{2}$ -cup

Onion—1

Grated Cheese (Parmesan) 2 tablespoonfuls

Beef stock—(may be beef extract) 1 qt.

Zaferano, pinch (may be purchased at Itl. shop).

Chop onion and brown in butter. Add rice dry (don't wash it), and cook until brown. Add beef stock and boil until soft. Add part of cheese and the powder. Serve with remainder of cheese on top. This is delicious.

II

SALADS.

Salads are so good to look at as well as to eat and so easily made that they should meet with favor with the student "entertaining." The recipes given are simple, but with a foundation of lettuce-leaves and mayonnaise dressing, combinations of many different kinds may be prepared.

Salads may be served with either French or mayonnaise dressing. Many persons think that only the French dressing should be used with vegetable salads, but the mayonnaise both tastes and looks better on many salads made solely of vegetables.

Use the heart of a head of lettuce, rejecting the tough outer leaves. Peel tomatoes without first scalding, using a sharp knife and peeling thinly. Lay celery in water as many (say two or three) hours as you have the time, then wash carefully, put it in a large piece of cheese-cloth, gather up the four corners, and hang it in the window (outside if possible) until needed. Treat lettuce in the same way. Always buy the best olive oil, and lemon-juice may be used instead of vinegar.

FRENCH DRESSING.

Oil—3 tablespoonfuls

Vinegar—1 tablespoonful

Salt—scant $\frac{1}{4}$ teaspoonful

Pepper—scant $\frac{1}{8}$ teaspoonful

Mix pepper and salt in small deep saucer. Stir in one tablespoonful of oil, then add a little vinegar, then oil, beating evenly and constantly until all the oil and vinegar are used, and the dressing is thick. If it is liked very firm, use more oil; if less firm, more vinegar, and this rule applies also to mayonnaise dressing.

MAYONNAISE DRESSING.

Yolks of egg—1 or 2

Oil—about half a cup

Vinegar—about a tablespoonful

Salt— $\frac{1}{4}$ teaspoonful (more if desired)

Pepper— $\frac{1}{8}$ teaspoonful (more if desired)

Mustard—pinch

Wash small deep bowl in cold water, and dry thoroughly and put egg and oil in a cold place until needed.

Cut an onion and rub it briskly around inside of bowl (this may be omitted). Put into bowl salt, pepper and mustard. Put in yolk of egg, and beat with egg-beater. Now add oil very slowly, at first drop by drop (using dropper).

As mixing goes on add oil more rapidly, alternating with vinegar until all the oil and vinegar are used. There is no such word as fail if ingredients are cold, and one begins putting oil in slowly, and stirs rapidly.

TOMATO SALAD.

Tomatoes

Lettuce

Mayonnaise dressing

Peel small round tomatoes whole. Cut across both ways so that tomatoes fall apart into quarters, but are not separated at bottom. Place each one on a small lettuce leaf, put on top a spoonful of mayonnaise dressing.

NOTE: Tomatoes may be prepared as above, then the inside scooped out and mixed with sweet peppers chopped, or a little onion, this mixed with mayonnaise dressing and put back into the tomato shells and served on lettuce leaves.

OYSTER SALAD.

(Goucher College)

Oysters—1 qt.

Celery—cut in small pieces

Nuts—chopped

Salad dressing

Thoroughly heat oysters. Remove from fire,

pour off juice, and cut oysters into rather small pieces. Pour lemon juice over pieces and set in a cool place. It is better to place in a cloth to drain off all water. After thoroughly cooled, mix with celery and nuts. Season to taste and pour salad dressing over it. Garnish with red radishes.

"FENSAL SALAD."

(Goucher College)

White meat of any good fish

Mayonnaise

Cut fish into small pieces, pour over salad dressing. Set away to cool. Garnish with celery leaves and little red radishes.

FRUIT SALAD.

(Goucher College)

Oranges

Bananas

Strawberries

Cherries

Pineapple

Grapes

Nuts (chopped)

Any fruits in season; about one pound in all.

Salad dressing (see recipe next page).

Cut fruit into small pieces, add nuts and dressing.

SALAD DRESSING.

Juice of oranges (2)

Juice of lemons (3)

Eggs—2

Sugar— $\frac{1}{2}$ cup

Cream—1 cup

Beat juice of oranges and lemons with eggs, add sugar and boil until clear. Whip cream and stir thoroughly into mixture. Set away to cool. Pour over salad. This is delicious.

III

SANDWICHES.

CHEESE AND NUT SANDWICHES.

(Goucher College)

Any soft cheese

Walnuts chopped

Lettuce

Brown or white bread sliced thin

Butter

Spread bread with butter and with the nuts and cheese, which must previously have been well rubbed and mixed together. Lay on bits of lettuce and the top piece of bread and serve.

GERMAN SANDWICHES.

(Goucher College)

Thin slices of bread

Ham chopped fine

Mayonnaise dressing

Thoroughly mix ham and mayonnaise and spread on one slice of bread, then press on the other slice.

FRUIT SANDWICHES.

Butterthins or waterthins make delicious sandwiches with fruit filling.

DATE SANDWICHES.

Butterthins

Dates

Chop dates and put between butterthins.

FIG SANDWICHES.

Same as above, using figs instead of dates.

OLIVE SANDWICHES.

Olives—6

Red pepper—1 (small)

Mayonnaise

Chop olives and pepper together very fine; mix in the mayonnaise. Spread on thin slices of brown bread and press two slices together.

BEEF AND HORSERADISH SANDWICHES

Cold beef— $\frac{1}{2}$ cup

Horseradish—1 tablespoonful.

Chop the beef fine, add a little salt and pepper and mix in the horseradish. Spread on thin slices of bread; put two together.

IV

CANDY.

FUDGE.

(Goucher College).

Brown sugar—2 cups

Milk— $\frac{3}{4}$ cup

Baker's chocolate—4 oz.

Butter—1 tablespoonful

Vanilla

Boil until it threads from fork, add vanilla.

Beat until thick. Eat.

FUDGE.

(Cornell)

Sugar—2 cups

Milk—1 cup

Butter—Size walnut

Hickory nuts— $\frac{1}{2}$ cup

Cook sugar and milk without stirring much. When nearly done add butter. Remove from fire and stir hard till nearly cold, when add nuts. Smoothness depends on strength used while stirring.

FUDGE OR "PLOWED FIELD."

(Smith College)

- Butter— $\frac{1}{4}$ cup
- Brown sugar—1 cup
- Cream— $\frac{1}{2}$ cup
- White sugar—1 cup
- Molasses— $\frac{1}{4}$ cup
- Chocolate—2 squares
- Vanilla— $1\frac{1}{2}$ teaspoonfuls

Mix both kinds of sugar, molasses and cream. Add to butter which must previously have been melted. Bring to a boil, and boil two or three minutes, stirring rapidly. Add chocolate, grated or scraped. Boil five minutes, stirring rapidly at first, then more slowly. Remove from fire and add flavoring. Stir until it thickens. Pour into buttered pans and set away to cool.

FUDGE.

(Bryn Mawr)

- Chocolate—2 squares
- Granulated sugar—3 cups
- Milk—1 cup
- Butter—Size of small walnut
- Vanilla to taste

Cook sugar, butter, and milk until nearly done; put chocolate in and cook five minutes longer. Add vanilla, and beat until cool.

FUDGE.

(Barnard)

Chocolate— $\frac{1}{3}$ cake Baker's

Brown sugar—2 lbs.

Butter—1 tablespoonful

Cream—enough to thin mixture

Put ingredients together and let stand until thoroughly softened, then cook without stirring for ten minutes. Nuts may be put in afterward and it must be thoroughly beaten after being taken from the fire.

PINOCHI.

(Wellesley)

Brown sugar—3 cups

Cream or milk—1 cup

Butter size of walnut

Chopped English walnuts (as many as you have money to buy—say a cupful) flavoring

Boil sugar and cream, or milk, together until soft ball forms in cold water; add flavoring and nuts. Take from fire and stir until it begins to harden. Put in buttered plates and cut into squares.

PINOCHI.

(Teachers' College, Columbia)

Brown sugar—1 cup

Milk— $\frac{1}{2}$ cup

Nuts—1 doz.

Butter—1 tablespoonful

Cook until it makes a soft ball when dropped into cold water. Remove from fire and beat hard until creamy. Pour into buttered dish.

PINOCHI.

(Goucher College)

Brown sugar—2 cups

Milk— $\frac{3}{4}$ cup

Butter—1 tablespoonful

Nuts— $\frac{1}{2}$ cup

Vanilla

Boil together until it strings on a fork. Flavor with vanilla, and add nuts. Beat until consistency of molasses is reached. Pour into buttered pans and cut into squares.

CHOCOLATE CARAMELS.

(Brown University)

Sugar—1 cup

Molasses—2 cups

Milk— $\frac{1}{3}$ cup

Butter—1 large tablespoonful

Chocolate—3 squares

Vanilla—1 teaspoonful

Cook chocolate, sugar, molasses, milk and butter together. When nearly done add vanilla. Put in buttered pans to cool.

TAFFY.

(Goucher College)

Sugar—2 cups

Vinegar— $\frac{1}{2}$ teaspoonful

Butter—1 tablespoonful

Vanilla Wafers— $\frac{1}{2}$ cup

Boil sugar, butter, vinegar and water together until it hardens sufficiently when tried in cold water. Add vanilla. Pull till snowy white.

V

MISCELLANEOUS.

TOASTED MARSHMALLOWS.

Marshmallows—1 lb.

Have chafing-dish hot. Put in marshmallows. Toast, watching very carefully that marshmallows do not burn or melt. Turn. It takes only a few seconds.

ORANGE CUSTARD.

(Goucher College)

Oranges—3 or 4

Milk—1 pint

Eggs—3

Sugar—to taste

Vanilla or Nutmeg—to taste

Cut oranges into small pieces. Make a plain custard of the milk, eggs and sugar; add flavoring after removing from fire. After custard is cool, pour it over the oranges.

NOTE: A good way to make a plain custard is to beat eggs, add sugar and milk, and *then* put on to boil.

ITALIAN DESSERT.

(Brought from Italy by a member of Goucher College)

Chestnuts—1 pint

Cream— $\frac{1}{2}$ pint

Sugar to taste

Boil then peel and pound chestnuts (adding a little cream if necessary to soften) and pass them through a collander. Whip cream and sweeten to taste. Pile chestnuts on dish; put Whipped cream around and serve.

As good as it is beautiful.

MAPLE PARFAIT.

(Woman's Medical College of Pennsylvania)

Maple syrup—large cup

Eggs—4

Cream—1 qt.

Beat yolks of eggs and add syrup. Put in double boiler over fire and beat until thick. Whip cream and add beaten whites. Add this to the other and sweeten if necessary. Freeze as for ice-cream.

JUNKET.

(Wellesley)

Milk—1 qt.

Sugar—1 tablespoonful

Vanilla—1 teaspoonful

Junket

Crush junket tablet in a tablespoonful of water. Heat milk and sugar lukewarm (if made too hot milk will curdle). Stir junket into the milk and sugar thus heated.

COFFEE.

(Goucher College)

Coffee (pulverized) 1 teaspoonful for each cup

Boiling water

Tie coffee in cheese cloth bag. Put in chafing-dish and pour on boiling water. Let stand for a few minutes and serve. (As good as if made in a coffee-pot).

COCOA.

(Goucher College)

Cocoa—3 tablespoonfuls (Huyler's preferred)

Condensed milk—1 cup (sweetened)

Water—2 cups

Mix cocoa with enough cold water to a smooth paste. Put water and milk on to boil; when boiled add cocoa.

COCOA.

(Barnard and Wellesley)

Cocoa

Condensed milk

Boiling water

Sugar

Mix cocoa and condensed milk to consistency of a stiff paste. Put a teaspoonful in cup and fill with boiling water, stirring constantly. Sweeten to taste.

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